



Amelia Murray—5th Grade
St. Mary's/St. Alphonsus Regional Academy
“Tar Wars” Tobacco Free Poster Contest Winner

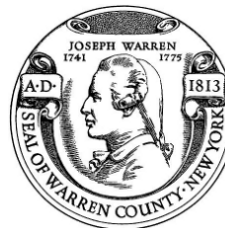
Warren County Health Services

2014 “Tar Wars”

Tobacco Free Poster Contest Winners

2015 Calendar

**Working towards tobacco free
communities through education
and partnerships.**



Special Thanks To

Stewart's Shops

For providing gift cards to our poster contest winners this year. Thank you for helping Warren County Public Health recognize those students that created the wonderful posters seen in this calendar.



**Kayden Sesselman– 5th Grade
Abraham Wing Common School
Tobacco Free Poster Contest Winner**

Warren County Public Health

Our mission is to promote physical and mental health and to prevent disease, injury and disability

1-800-755-8102 — www.warrencountyny.gov/healthservices

American Academy of Family Physicians

The mission of the AAFP is to improve the health of patients, families, and communities by serving the needs of members with professionalism and creativity.

www.aafp.org

Tar Wars

A tobacco-free education program for kids from the American Academy of Family Physicians

www.tarwars.org

Resources for Tobacco Information and Cessation:

Southern Adirondack Tobacco Free Coalition

518-581-1230 — www.tobaccofreeadirondacks.org

New York State Smoker's Quitline

1-866-697-8487 — www.nysmokefree.com

Glens Falls Hospital

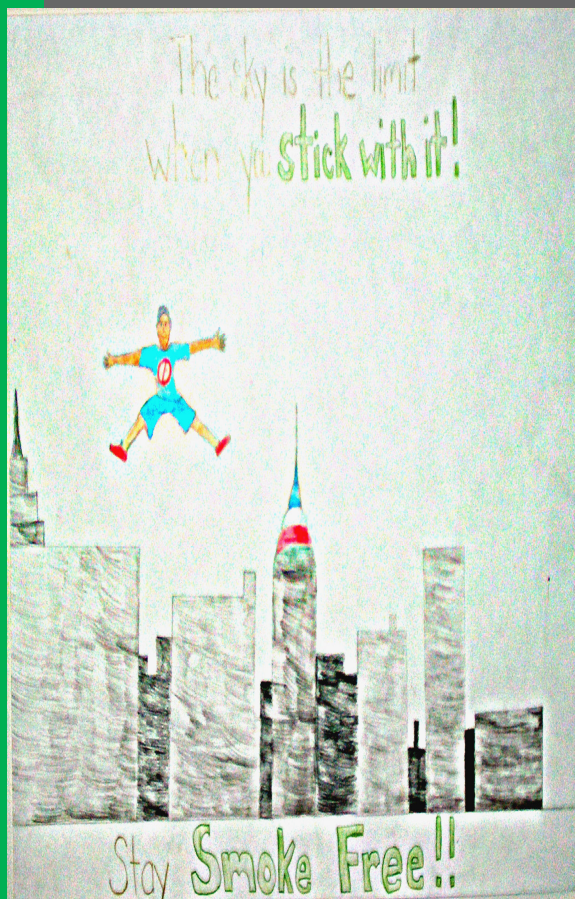
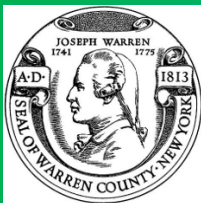
Tobacco Cessation & Education Services

1-866-765-1565 — www.glensfallshospital.org

Campaign for Tobacco Free Kids

www.tobaccofreekids.org

"Tar Wars" Tobacco Free education program is presented in cooperation with the American Academy of Family Physicians & New York State Academy of Family Physicians.



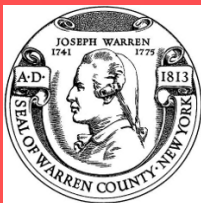
Griffin Woodell— 4th Grade
Abraham Wing Common School
Tobacco Free Poster Contest Winner

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King Day	20	21	22	23	24
25	26	27	28	29	30	31

Secondhand smoke causes more than 7,300 lung cancer deaths among U.S. nonsmokers each year.

—Centers for Disease Control
www.cdc.gov

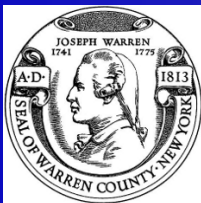


**Catriona Dobert– 4th Grade
Bolton Landing Central School
Tobacco Free Poster Contest Winner**

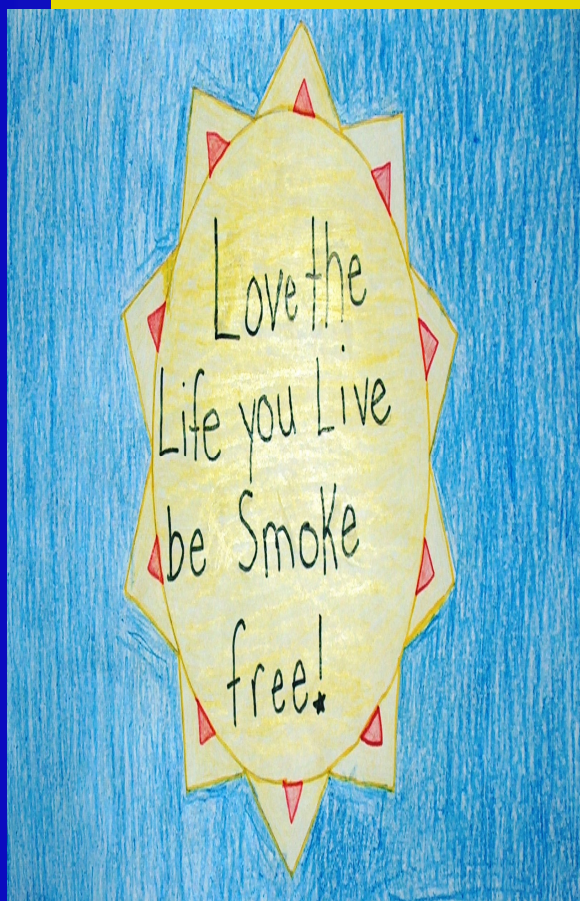
February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Presidents' Day	17	18	19	20	21
22	23	24	25	26	27	28

When quitting, the **Quit It Lite** app tracks the cigarettes you didn't smoke, the tar that didn't absorb into your bloodstream, and the money you didn't spend on tobacco products. The physical benefits of quitting are displayed, based on how long you've gone without smoking.



Sponsored by the
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of Family Physicians

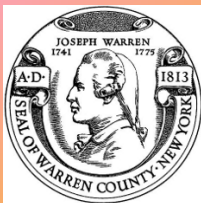


**Katelyn VanAuken— 5th Grade
Abraham Wing Common School
Tobacco Free Poster Contest Winner**

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 Kick Butts Day	19	20	21
22	23	24	25	26	27	28
29	30	31				

The average retail price, per pack, of cigarettes in New York is \$10.11 (tobaccofreekids.org), but the health-related costs to each pack add \$35 (American Cancer Society). That means each pack of cigarettes really costs \$45.11!



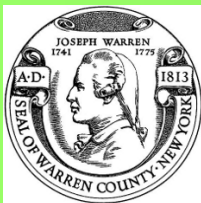
**Jacob Gordon— 5th Grade
Glens Falls Middle School
Tobacco Free Poster Contest Winner**

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Easter Sunday	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Since 2002 the number of former smokers has exceeded the number of current smokers.

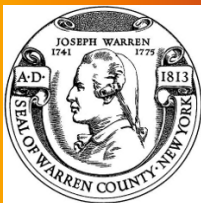
—Centers for Disease Control
www.cdc.gov



**Katrin Schriener– 4th Grade
Hadley-Luzerne Central School
Tobacco Free Poster Contest Winner**

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 Mothers' Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31 World No Tobacco Day	<p>Smoker's lungs</p> <p>Non-smoker's lungs</p>					



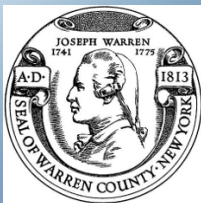
**Zachary Caldwell— 5th Grade
Hadley-Luzerne Central School
Tobacco Free Poster Contest Winner**

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Fathers' Day	22	23	24	25	26	27
28	29	30				

Smoking during pregnancy results in more than 1,000 infant deaths annually.

—Centers for Disease Control
www.cdc.gov



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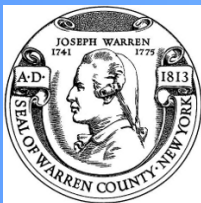
**Aleesha Washburn-- 4th Grade
Johnsburg Central School
Tobacco Free Poster Contest Winner**

July 2015

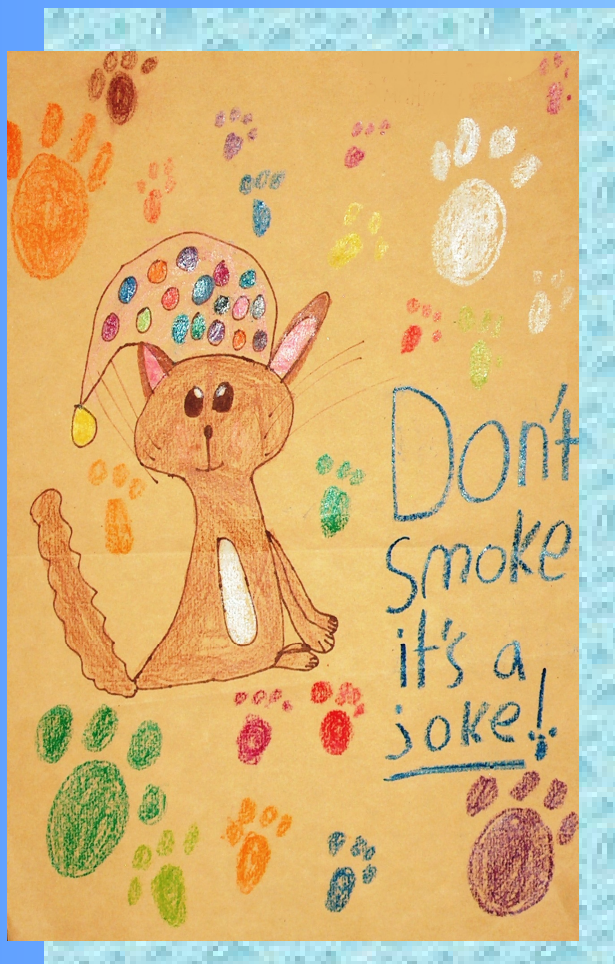
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

If nobody smoked, one of every three cancer deaths in the United States would not happen.

—Centers for Disease Control and Prevention
www.cdc.gov



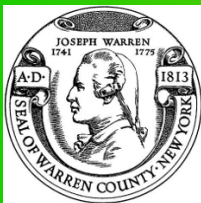
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of Family Physicians



**Hunter Mulvey– 5th Grade
Johnsburg Central School
Tobacco Free Poster Contest Winner**

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



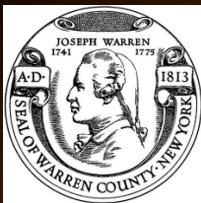
**Andrew Porter— 4th Grade
Lake George Central School
Tobacco Free Poster Contest Winner**

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

In 2009, prevalence of cigarette smoking ranged from 9.0% among college graduates to 28.9% among those with less than a high school diploma.

—American Lung Association
www.lung.org



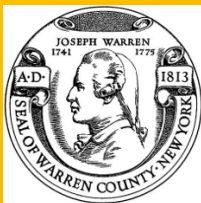
**Ethan Hill– 5th Grade
Lake George Central School
Tobacco Free Poster Contest Winner**

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

E-cigarette liquid nicotine can be absorbed through the skin, and is the one of the most notable naturally occurring toxins we have. It is also responsible for accidental poisoning, especially in young children, and caused 375 hospitalizations in 2013.

—NY Times
www.nytimes.com



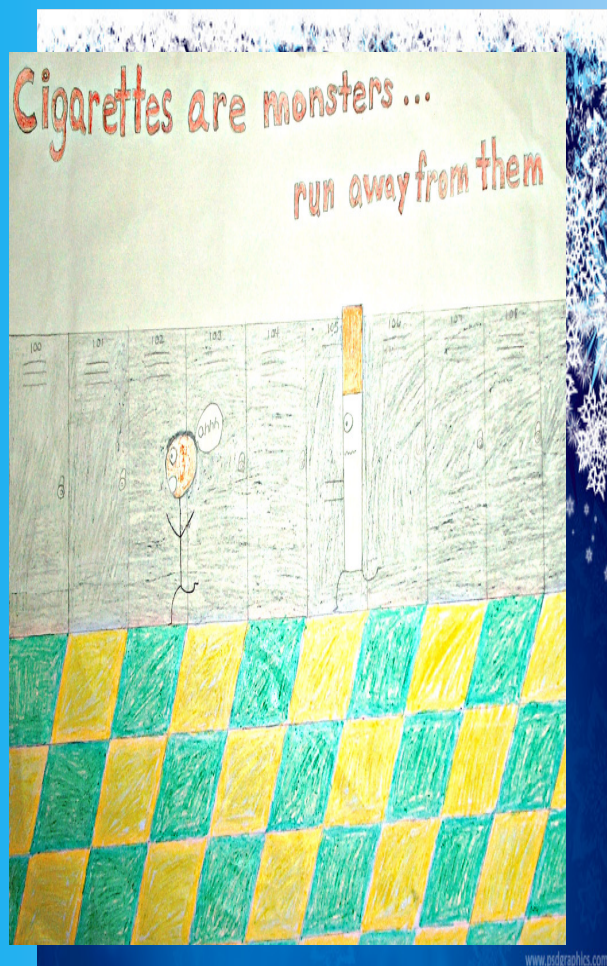
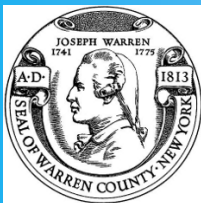
**Tiana Buttino— 4th Grade
North Warren Central School
Tobacco Free Poster Contest Winner**

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17 Great American Smoke Out	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					

More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States during its history.

—Centers for Disease Control
www.cdc.gov

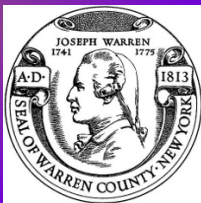


**Cody Millington— 5th Grade
North Warren Central School
Tobacco Free Poster Contest Winner**

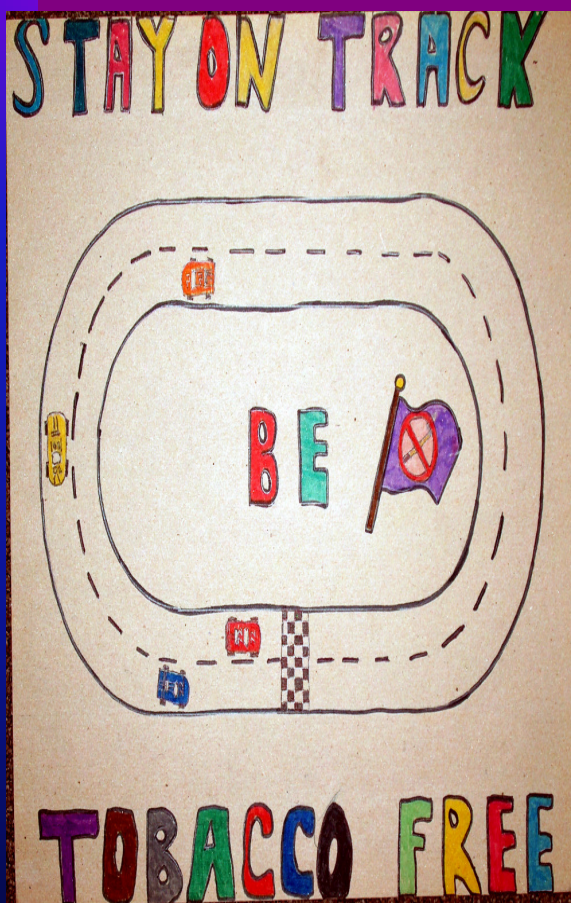
December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Christmas Day	26
27	28	29	30	31		

Under the Affordable Care Act insurance companies are allowed to charge tobacco users 50% more for their premiums to cover the extra healthcare costs smokers endure. However some states have mandated insurance companies not charge extra for premiums.
—WebMD www.webmd.com

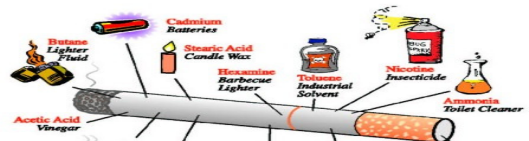


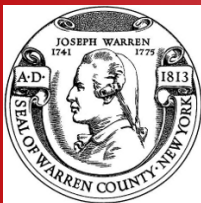
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Nathan Engel- 4th Grade
William H. Barton Intermediate School (Qsby.)
Tobacco Free Poster Contest Winner

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Years Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Day	19	20	21	22	23
24	25	26	27	28	29	30
31						



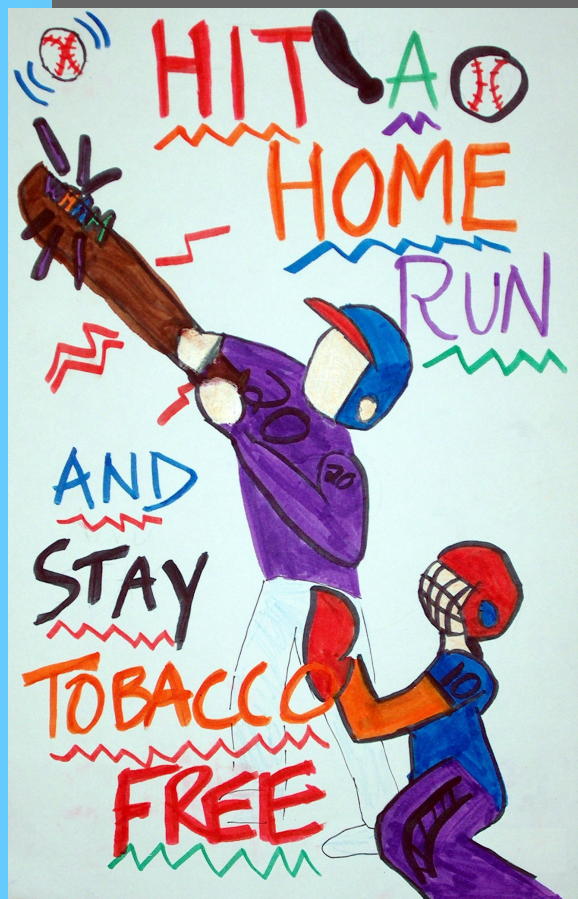
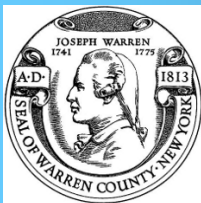
**Christina Cummings— 5th Grade
William H. Barton Intermediate School (Qsby.)
Tobacco Free Poster Contest Winner**

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15 Presidents' Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Leap Day					

There are over 7,000 chemicals in tobacco smoke and at least 69 of those chemicals are known to cause cancer.

—NYS Smokers' Quitline
www.nysmokefree.com



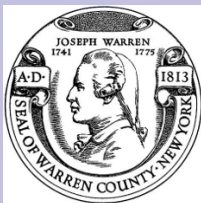
**John Baluha— 4th Grade
St. Mary's/St. Alphonsus Regional Academy
Tobacco Free Poster Contest Winner**

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Kick Butts Day
20	21	22	23	24	25	26
27 Easter Sunday	28	29	30	31		

Smoking causes about 90% of all lung cancer deaths in men and women.

—Centers for Disease Control
www.cdc.gov



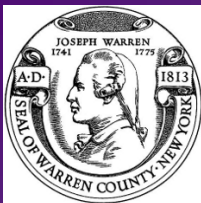
Lauren Trackey– 5th Grade
St. Mary's/St. Alphonsus Regional Academy
Tobacco Free Poster Contest Winner

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Quitting smoking often requires multiple attempts. Using counseling or medication alone increases the chance of a quit attempt being successful; the combination of both is even more effective.

—American Lung Association
www.lung.org



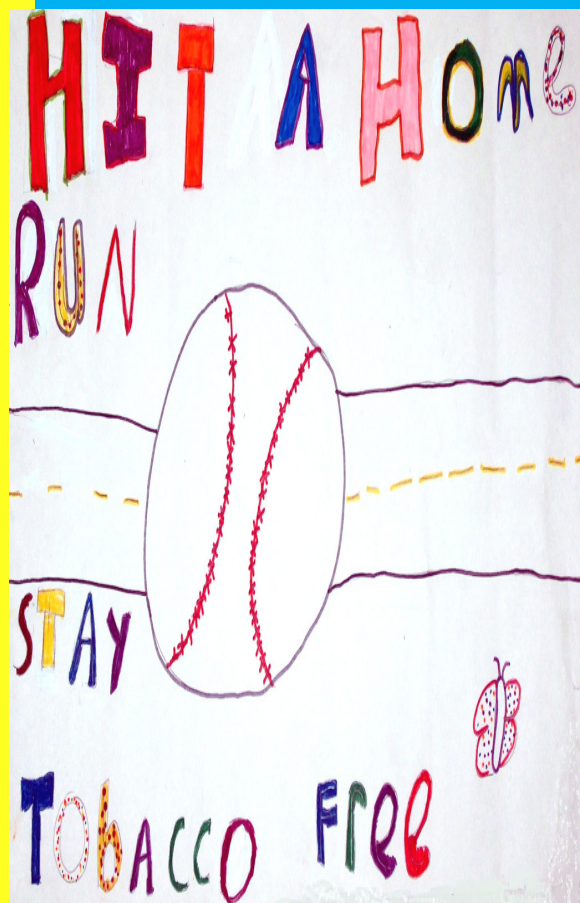
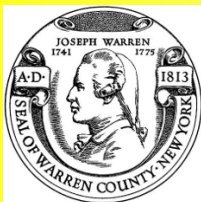
Ella Constantineau— 4th Grade
Warrensburg Central School
Tobacco Free Poster Contest Winner

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Mothers' Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31 World No Tobacco Day				

If parents smoke, chances are their adolescents will too.

—American Academy of Pediatrics
www.aap.org



**Desirae Prosser– 4th Grade
Warrensburg Central School
Tobacco Free Poster Contest Winner**

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Fathers' Day	20	21	22	23	24	25
26	27	28	29	30		

More than 380,000 12-to-13-year-olds and almost four million 14-to-17-year-olds have smoked (U.S. Department of Health & Human Services, www.hhs.org). Start talking early.

Glens Falls City School District 4th Grade Tobacco Free Poster Contest Winners



Kathryn Barber- 4th Grade
Kensington Road Elementary
School



Peyton Catarelli- 4th Grade
Big Cross Street
Elementary School

